

# How to **STOP** your iPhone from Listening to You

You may find yourself wondering this very question or some variant, such as “Is Google listening to me?” The fact is, yes, your phone is listening to you.

## Open your iPhone settings



To find the Settings app on your iPhone, simply locate the icon that resembles a gear, usually found on your home screen. This icon serves as the gateway to a plethora of customization options, system preferences, and app settings.

## Select Privacy & Security

Once you've opened the Settings app, scroll down until you find the section labeled "Privacy." Within the Privacy section, you can manage permissions for location services, camera, microphone, contacts, ensuring that only trusted apps have access to sensitive data.



## Tap Microphone



Here, you'll find a list of all the apps that have requested access to your device's microphone. Each app listed will have a toggle switch next to it, allowing you to grant or revoke microphone access on an individual basis.

## Review apps with access

By carefully managing Microphone permissions, users can ensure that only trusted applications have the ability to access this sensitive feature, protecting their privacy and preventing unauthorized audio recording.



## Turn off access for social apps



Toggle off the Microphone access to any social apps that you think are listening to you. This may include Facebook, Instagram, Twitter, TikTok and Google.

For further protection, disable Siri.